



Foods That Contain the Highest Amount of Pesticides

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Much of the produce that is sold today in supermarkets is supplied from farmers who practice conventional farming methods. In other words, the produce has been grown using chemical fertilizers as well as pesticides and herbicides. Many scientific studies suggest that the effects of **synthetic pesticides** can be detrimental to our health; one study suggests that the consumption of pesticides may lead to **ADHD in children**; in some other cases, exposure can lead to many **forms of cancers**, infertility problems and **birth defects**. Along with the many other poor 'food like' products we are eating, there is an array of foreign substances that are entering our bodies. As we expose ourselves to these synthetic substances over the years, our bodies become overloaded, and our 'cleaning' mechanisms fail to work. As a result, many of us develop sickness and disease because our bodies cannot efficiently remove these toxins anymore. In order to help give your body a break from this chemical onslaught, we have suggested what foods should be eaten organically. The foods listed below are some of the most toxic to our bodies if eaten from conventional sources. Based on the **Environment Working Group (EWG)**, they contain the most pesticides, both on and within them, compared to other foods; so, if you are considering switching to organic, we would suggest taking account of the foods below as a first propriety in your transition.

Top 12 Foods You Should Eat Organically (From lowest to highest amount of pesticides)

- 1. Apples:** They contain **42** known pesticide residues found by the USDA Pesticide Data Program. Out of the 42 pesticide residues, there are 7 known carcinogens, 19 suspected hormone disruptors, 10 neurotoxins, 6 developmental or reproductive toxins, and 17 honeybee toxins.
- 2. Cherries:** They contain **42** known pesticide residues found by the USDA Pesticide Data Program. Out of the 42 pesticide residues, 7 known or probable carcinogens, 22 suspected hormone disruptors, 7 neurotoxins, 8 development or reproductive toxins, and 18 honeybee toxins.
- 3. Green Beans:** They contain **44** known pesticide residues found by the USDA Pesticide Data Program. Out of the 44 pesticide residues, there are 8 known carcinogens, 22 suspected hormone disruptors, 11 neurotoxins, 8 developmental or reproductive toxins, and 18 honeybee toxins.
- 4. Collard Greens:** They contain **46** known pesticide residues found by the USDA Pesticide Data Program. Out of the 46 pesticide residues, there are 9 known carcinogens, 25 suspected hormone disruptors, 10 neurotoxins, 8 developmental or reproductive toxins, and 25 honeybee toxins.
- 5. Spinach:** It contains **48** known pesticide residues found by the USDA Pesticide Data Program. Out of the 48 pesticide residues, there are 8 known carcinogens, 25 suspected hormone disruptors, 8 neurotoxins, 6 developmental or reproductive toxins, and 23 honeybee toxins.
- 6. Sweet Bell Peppers:** They contain **49** known pesticide residues found by the USDA Pesticide Data Program. Out of the 49 pesticide residues, there are 11 known carcinogens, 26 suspected hormone disruptors, 13 neurotoxins, 10 developmental or reproductive toxins, and 19 honeybee toxins.
- 7. Lettuce:** It contains **51** known pesticide residues found by the USDA Pesticide Data Program. Out of the 51 pesticide residues, there are 12 known carcinogens, 29 suspected hormone disruptors, 9 neurotoxins, 10 developmental or reproductive toxins, and 21 honeybee toxins.
- 8. Blueberries:** They contain **52** known pesticide residues found by the USDA Pesticide Data Program. Out of the 52 pesticide residues, there are 8 known carcinogens, 24 suspected hormone disruptors, 14 neurotoxins, 7 developmental or reproductive toxins, and 21 honeybee toxins.
- 9. Strawberries:** They contain **54** known pesticide residues found by the USDA Pesticide Data Program. Out of the 54 pesticide residues, there are 9 known carcinogens, 24 suspected hormone disruptors, 11 neurotoxins, 12 developmental or reproductive toxins, and 19 honeybee toxins.
- 10. Kale:** It contains **55** known pesticide residues found by the USDA Pesticide Data Program. Out of the 55

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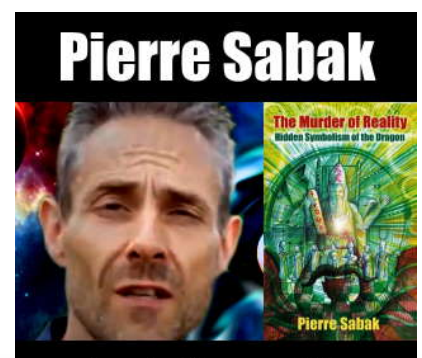
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developmental or reproductive toxins, and 20 honeybee toxins.

Honourable Mentions

- **Broccoli:** It contains **33** known pesticide residues found by the USDA Pesticide Data Program.
- **Cucumbers:** They contain **35** known pesticide residues found by the USDA Pesticide Data Program.
- **Grapes:** They contain **34** known pesticide residues found by the USDA Pesticide Data Program.
- **Potatoes:** They contain **37** known pesticide residues found by the USDA Pesticide Data Program.
- **Tomatoes:** They contain **35** known pesticide residues found by the USDA Pesticide Data Program.

5 Foods that Contain the Lowest Pesticide Residues

Bananas: They contain **12** known pesticide residues found by the USDA Pesticide Data Program. Out of the 12 pesticide residues, there are 4 known carcinogens, 7 suspected hormone disruptors, 2 neurotoxins, 5 developmental or reproductive toxins, and 2 honeybee toxins.

Grapefruit: It contains **11** known pesticide residues found by the USDA Pesticide Data Program. Out of the 11 pesticide residues, there are 4 known carcinogens, 4 suspected hormone disruptors, 4 neurotoxins, 4 developmental or reproductive toxins, and 2 honeybee toxins.

Almonds: They contain **9** known pesticide residues found by the USDA Pesticide Data Program. Out of the 9 pesticide residues, there are 1 known carcinogens, 4 suspected hormone disruptors, 3 neurotoxins, 0 developmental or reproductive toxins, and 4 honeybee toxins.

Asparagus: It contains **9** known pesticide residues found by the USDA Pesticide Data Program. Out of the 9 pesticide residues, there are 1 known carcinogens, 7 suspected hormone disruptors, 4 neurotoxins, 3 developmental or reproductive toxins, and 5 honeybee toxins.

Onion: It contains **1** known pesticide residues found by the USDA Pesticide Data Program. Out of the 9 pesticide residues, there are 0 known carcinogens, 0 suspected hormone disruptors, 0 neurotoxins, 0 developmental or reproductive toxins, and 0 honeybee toxins.

When buying produce always consider buying organic. Better yet, to ensure freshness, buy local as much as you can. When you can buy both local and organic, you can guarantee that the product is both free of pesticides, and full of nutrients. Further to this, you will also avoid any potential foods that may have been genetically modified. To check out pesticide residues on other sources of food, you may visit: <http://www.whatsonmyfood.org/index.jsp>. By substituting the top 12 pesticide laden foods with organic, you can eliminate up to 80% of pesticides from your diet.

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Jordan and Kyla are passionate about health; together, they have overcome many illnesses through dietary and lifestyle changes, and the art of practicing a positive mindset daily. Kyla is currently studying to become a Registered Holistic Nutritionist and Reiki Master, and Jordan is currently learning about traditional North American medicinal herbs, in hopes of becoming a Certified Herbalist. You may visit www.guidinginstincts.com for more information. If you wish to repost this article, we kindly ask that you link back to our site ([guidinginstincts.com](http://www.guidinginstincts.com))

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